

# Self-Hypnosis Seminar- Ines Simpson

## SELF -HYPNOSIS SUGGESTIONS

- My ability to succeed is unlimited and increases all possibilities
- I exercise daily and love it allowing me to feel better and better..
- I become more alive in the morning and feel great.( Or love it etc.)
- I become more self-confident and self-assured each day.
- My self-confidence is growing by leaps and bounds and I feel wonderful.
- My memory improves steadily each day.
- My attention span is increasing every day.
- My retention improves daily.
- When I study, I am fully absorbed and completely engrossed in the material.
- When I study, my mind works clearly and I retain that which I learn.
- Whatever I learn I recall easily and readily.
- I can speak on my feet and the thoughts flow freely and easily through my mind.
- My energy and vitality increases daily making me feel vital and strong.
- When I golf (bowl etc.) my mind is fully absorbed engrossed in what I do.
- I get a more filling satisfaction from small meals every day and feel great.
- I eat slowly and savor my food thus I am more satisfied
- I have much to offer, and feel worthwhile and interesting.
- I am completely relaxed as I interact with others, thus my confidence grows.

- I become more assertive and stand up for myself.
- I find happiness in lie and enjoy myself more.
- I am a unique, worthwhile and I am pleased with myself.
- I am smoke free and stay free.
- Because I am always prepared I succeed.
- I have decided to become trim and fit.
- I eat healthy and am in process of becoming trim and attractive.
- My mind absorbs like a sponge and I recall information easily
- My mind absorbs like a sponge and I recall for tests easily and the learning flows out easily.
- The past is over and I am free.
- I sleep easily and rest deeply, feeling well rested on awakening.
- I face difficulties and conflicts calmly, and assertively deal with them.
- I am a great time manager, and have more free time.
- I give love thus receive love.
- I look to the future with a bright, positive and confident attitude towards myself.
- Every day I act like the person I want to become.
- I am alive, happy and free.
- I love life and look forward to each day with excitement.
- I develop a strong, healthy and positive attitude toward myself
- Forgiveness is the eraser of guilt and fear and I forgive myself.
- I forgive all those people of my past who ever hurt me and I am free.
- I forgive you (name) and set you free.

When I am faced with or confronted with\_\_\_\_\_, all the material I have learned, read, or heard flows freely and easily through my mind and is easily recalled consciously.